



Peacock Press

Naval Postgraduate School

March/April 2005



Easter Brunch

March 27, 2005
Barbara McNitt Ballroom
1030-1400

SALADS

Grilled Vegetable Salad with Pesto
Fresh Buffalo Mozzarella with Roma Tomatoes,
Sweet Basil and Virgin Olive Oil
Ambrosia
Fresh Beets and Water Crest Salad
Crisp Jicama with Oranges and Cilantro
Butter Lettuce Hearts with Danish Blue Cheese,
Cherry Tomatoes and Fresh Apples
Fresh Fruits

ENTREES

Chef Made to Order Gourmet Omelet Station
featuring Smoked Salmon, Crab Meat, Bay Shrimp,
Fresh Salsa, Ham, Sun Dried Tomatoes and Cheeses
Cheese Blintz with Strawberry Sauce
Waffle Stations with Whipped Cream and Strawberries
Smoked Apple Wood Bacon and Sausage
Grilled Potatoes with Onions and Peppers
Braised Duck with Port Wine Sauce
Smoked and Shredded Pork with Tomatillo Sauce
Crusted Pacific Red Snapper with Cajun Sauce
Risotto with Roasted Garlic and Herbs
Fresh Vegetables

SEAFOOD BAR

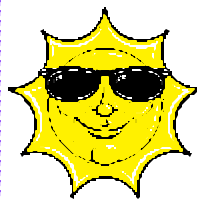
Fresh Dungeness Crab and Shrimp on Ice Cocktail Sauce

DESSERT

A selection of Fine Pastries, Pies, Cakes and Berries
Adults \$22.00 Children 5-10 Half Price Under 5 Free

Reservations are highly encouraged.

Please call 656-2170 to reserve your table today.



LEISURE FUN FAIR

Thursday, 21 April 2005
Barbara McNitt Ballroom
11:00 am - 1:00 pm

Visit our vendors and find out what is there
to do locally and throughout California!

OVER 30 VENDORS!

WIN! WIN! WIN!
FABULOUS PRIZES!

All MWR patrons are invited.

Call 656-3223 for more details.



ST. PATRICK'S DAY 5K RUN



Friday, 18 March 2005 1500
MBAC front parking lot

Cost: \$12 AD & RSVE; \$13 FAM & RET \$14 DOD
Kids can run for free! Come out and have some fun!
Run for great prizes!

Gift certificates for men and women overall winners
and 1st and 2nd place winners.

Sign-up now!!

For more information, call 656-2497.

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RDML Patrick W. Dunne USN
President

COL David Smarsh USAF
Chief of Staff

Pete Dausen
Director, Base Operations and Support

James R. Thomas
Quality of Life Director

Darlene Raish
Leisure Services Manager

David Stockly
Golf Course/RV Campground
General Manager

Megan Ryan
Child Development & Youth
Program Administrator

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Marketing Coordinator

The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in
area code (831)



MARCH 2005 SCHEDULE OF CLASSES

TRANSITION & SPOUSE EMPLOYMENT

March 16: **Resume Writing** - 1-3 pm FFSC Bldg 3
March 18: **Self Employment** - 1-3 pm FFSC Bldg 3
March 30: **Interviewing Skills** - 1-3 pm FFSC Bldg 3
Electronic Job Banks: Mon-Fri: FFSC Bldg 1
Resume & Federal Application Review available at FFSC Bldg 1.
No appointment necessary
Spouse Employment Assistance Program: Monday-Friday FFSC
Bldg 1 by appointment.
Volunteer Program: Opportunities are available at FFSC

FINANCIAL

March 3: **Savings & Investments** - 1:30-3 pm, FFSC Bldg 3
Individual Financing Counseling: Mon-Fri FFSC Bldg 3
by appointment.

PARENTING, FAMILY & COUNSELING

Chess Club – Building Confidence - beginning class, K thru 3 grades
every Wednesday from 2:30 pm - 3:30 pm, La Mesa Activity Center.

Advanced Class, 4th grade and above every Wednesday from 3:30
pm - 4:30 pm, La Mesa Activity Center.

Toddler Group - Every Friday from 10-11 am, La Mesa Activity
Center.

INDIVIDUALS, COUPLES, & FAMILY COUNSELING

Monday-Tuesday, Thursday, Friday, 8:30-4:30 pm, FFSC (upstairs)
Wednesday, 10 am - 4:30 pm, FFSC (upstairs)

RELOCATION, INFORMATION & REFERRAL

SMOOTH MOVE

Every Thursday-Friday 9-10 am, FFSC Bldg 1

Call **The Fleet and Family Support Center**,
656-3060, to register.

For full descriptions of FFSC workshops,
visit the FFSC website at
<http://www.nps.edu/ffsc/index.html>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>Every Monday Dinner Special El Prado Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$9.50 Kids 5-10: \$4.75 Under 5 \$3.00</p>	<p>1</p> <p>FROM HELL (R) 1800</p> <p>Every Tuesday Dinner Special El Prado Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00</p>	<p>2</p> <p>SKELETONS IN THE CLOSET (R) 1800</p> <p>Every Wednesday Dinner Special</p> <p>PORK CARNITAS El Prado Room 1600-2100</p> <p>Adults: \$8.50 Kids 5-10: \$4.50</p>	<p>3</p> <p>ESCAPE TO WITCH MOUNTAIN (G) 1800</p> <p>Dinner Special BEEF STROGANOFF El Prado Room 1600-2100</p> <p>Adult \$8.00 Kids 5-10 \$4.00</p>	<p>4</p> <p>Every Friday Dinner Special CHARBROILED PRIME CENTER CUT TOP ROUND El Prado Room 1600-2100</p> <p>Adults: \$12.00 Kids 5-10 \$5.95</p>	<p>5</p> <p>FOR PARTY RESERVATIONS AT</p> <p>CLUB DEL MONTE</p> <p>PLEASE CALL 656-2170</p>
<p>6</p> <p>ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>7</p> <p>THE TIME MACHINE (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>8</p> <p>TEXAS CHAINSAW MASSACRE (R) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>9</p> <p>A FISTFUL OF DOLLARS (R) 1800</p> <p>Dinner Special PORK CARNITAS</p>	<p>10</p> <p>FAT ALBERT (PG) 1800</p> <p>Dinner Special BEEF STROGANOFF</p>	<p>11</p> <p>Dinner Special CHARBROILED PRIME CENTER CUT TOP ROUND</p>	<p>12</p> <p>TRIDENT ROOM</p> <p>CLOSED</p>
<p>13</p> <p>MONTEREY PINES GOLF COURSE OPEN DAILY 0630-1700 AND MOST FEDERAL HOLIDAYS PLEASE CALL 656-2167</p>	<p>14</p> <p>AFTER THE SUNSET (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>15</p> <p>ALEXANDER (R) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>16</p> <p>JACKIE CHAN'S FIRST STRIKE (PG 13) 1800</p> <p>Dinner Special PORK CARNITAS</p>	<p>17</p> <p>THE INCREDIBLES (PG) 1800</p> <p>Dinner Special BEEF STROGANOFF</p> <p>ST. PATRICK'S DAY PARTY Trident Room 1700</p>	<p>18</p> <p>Dinner Special CHARBROILED PRIME CENTER CUT TOP ROUND</p>	<p>19</p> <p>CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN" PROMOTION</p>
<p>20</p> <p>MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK PLEASE CALL 656-2167</p>	<p>21</p> <p>NO MOVIE</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>22</p> <p>NO MOVIE</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>23</p> <p>SPANGLISH (PG 13) 1800</p> <p>Dinner Special PORK CARNITAS</p>	<p>24</p> <p>CHRISTMAS WITH THE KRANKS (PG) 1800</p> <p>Dinner Special BEEF STROGANOFF</p>	<p>25</p> <p>Dinner Special CHARBROILED PRIME CENTER CUT TOP ROUND</p>	<p>26</p> <p>MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 0800-1600 SUN: 1100-1600 CLOSED ALL FEDERAL HOLIDAYS</p>
<p>27</p> <p>MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>	<p>28</p> <p>THE FLIGHT OF THE PHOENIX (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>29</p> <p>CLOSER (R) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>30</p> <p>LEMONY SNICKET'S: A SERIES OF UNFORTUNATE EVENTS (PG) 1800</p> <p>Dinner Special PORK CARNITAS</p>	<p>31</p> <p>KANGAROO JACK (PG) 1800</p> <p>Dinner Special BEEF STROGANOFF</p>	<p>EL PRADO RENOVATION</p> <p><i>Due to design complications, the start date for the El Prado renovation has been changed to 1 October 2005.</i></p>	

Dinner Specials Served in the El Prado Dining Room Monday-Friday 4:00-9:00 p.m.

MARCH/APRIL MONDAY DINNER SPECIAL



FRESH SEAFOOD CIOPPINO

*with Shrimp, Calamari, Crab and Mussels,
Fresh Caesar Salad and Garlic Bread*

Adults \$9.50 Kids 5-10 \$4.75 Under 5 \$3.00

MARCH/APRIL TUESDAY DINNER SPECIAL

SLOW ROASTED PRIME RIB



*"moist and tender"
with Aus Jus*

*accompanied with Horse
Radish, Baked Potato,
Sour Cream and
Chef's choice dessert*

only \$13.00

MARCH WEDNESDAY DINNER SPECIAL

FRESH PORK CARNITAS

Black Beans, Spanish Rice, Fresh Salsa

Adults \$8.50

Kids 5-10 \$4.50

APRIL WEDNESDAY DINNER SPECIAL

CHICKEN FAJITAS

*with Refried Beans, Spanish Rice
and Fresh Salsa*

Adults \$8.50

Kids 5-10 \$4.50

FAMILY NIGHT EVERY THURSDAY

THURSDAY MARCH DINNER SPECIAL

BEEF STROGANOFF WITH PASTA AND FRESH VEGETABLES

Adult \$8.00

Kids 5-10 \$4.00

THURSDAY APRIL DINNER SPECIAL

PENNE PASTA with Bolonaise Sauce Garlic Bread

Adult \$7.00

Kids 5-10 \$3.50

MARCH FRIDAY DINNER SPECIAL

CHARBROILED PRIME CENTER CUT TOP ROUND STEAK

*with Sautéed Shrimp
Baked Potato with Sour Cream, Chives
and Fresh Vegetables*

Adults \$14.00

Kids 5-10 \$8.00

APRIL FRIDAY DINNER SPECIAL

FRESH SEAFOOD THERMIDOR

*Lobster Meat, Sea Scallops, Fresh Salmon,
Baked in Cream Sauce and topped with
Asiago Cheese served with Linguini,
herbs and Fresh Vegetables*

Adult \$15.00

Kids 5-10 \$6.25

Single Sailors

UPCOMING EVENTS

Ski Trip - Lake Tahoe: March 4-6 2005. Cost: \$25.00 (single sailors); \$195.00 (guest and ALL military). Leave NEX, NPS parking at 1715. Lodging is double occupancy (2 people, 2 bed bedroom). Ski equipment is provided. You must go to Outdoor Rec by March 2nd to be fitted for your equipment. Snowboard rentals are available at your cost for \$25.00.

Alcatraz & Pier 39 (Fisherman's Wharf) -San Francisco. Cost \$5.00 (single sailors); \$49.00 (guest and ALL military). Leave NEX, NPS parking at 0745. Sign up by March 7 with the ITT Office.

Baseball Game - San Francisco vs Colorado Rockies. Cost: \$5.00 (single sailors); \$45.00 (guest and ALL military). Leave NEX, NPS parking at 1015.

Open to all single enlisted sailors and geo bachelors attached to NPS and tenant commands only.

Tickets are available at the ITT Office. Call 656-3223.

Community Activities

St. Patrick's Day "Mug of Gold" Party: Join us on Thursday, March 17, 2005 in the Trident Room at 1700 for "green beer," good food and good times. Select Trident Mugs and find **Gold Coins** redeemable for **PRIZES!**

NPS Chef Chili Cook-Off: Be the Judge on Thursday, April 7, 2005 in the Trident Room at 1600. Try each of the Chilies and vote for the one you think is the **BEST**. The winning Chef will be recognized later that evening between Executive Chef Hugh Butler, Cook Leader Lyndon, Cook Leader Cesar, Cook Leader Leslie, Prep Cook Omar - all of the Club Del Monte, Chef Loveday of the Café Del Monte, and Chef Jim Vose of the 19th Hole Grill-Monterey Pines.

MWR/NPS Volunteer Appreciation Dinner: Monday, April 18, 2005 in the La Novia Room 1800-2000. Free buffet dinner and award presentation will be offered in recognition to all MWR/NPS volunteers.

2nd Annual Roman Plunge "Blow Out": Friday, 22 April 2005 at 1300. "Round Robin Volleyball." Open to active duty, retired, reservist, family members and DOD civilians. Sign up by Friday, April 15 with the Gym. Raffle drawings, music and cookout.

The Army/Armed Forces Action Plan (AFAP)

is proud to announce the

AFAP SYMPOSIUM

Sponsored by the Central Coast Federal Credit Union
on 30 and 31 March 2005

at the Stillwell Community Center.

All branches of the service, civilians, retirees
and family members are encouraged to attend.

Become a delegate!

For information and to register

Call Army Community Service at 242-7660.



Outdoor Recreation

Presidio of Monterey
Bldg. 228, Lewis Hall, POM
Open M-F 10:30 am - 2 pm & 3-6 pm
Tel: (831) 242-6133/5506
Check out www.pom-odr.com
for current information

SKI TRIPS

Treat yourself, family and friends to a ski adventure on the slopes of the snow-covered Sierras! Your lodging will be in South Lake Tahoe, close to the ski areas and the Nevada casinos. We will ski Kirkwood, Heavenly Valley, Northstar, Alpine or Squaw Valley, depending on the snow and road conditions. The price includes round-trip transportation, lodging, lift tickets and ski rental.

Description	Adult	Teens	Child
Weekend Ski Trips	\$195.00	\$175.00	\$145.00
One Day Ski (Saturdays)	\$69.00	\$65.00	\$55.00

Squaw Valley Sundays: \$40.00 - **ACTIVE DUTY ONLY**

VACATION LODGING RENTALS

Lake Tahoe	Open dates
Eloise Place	March 1-3, 6-9, 13-19, 24-31
Gardiner Cabin	March 1-19, 23-31
Wildwood #11	March 1-19, 23-31

OWI Scuba Class. March 5, 6, 12, 13 and April 2 & 9, 16 & 23, 2005.
Cost: 199.00. Scuba Boat Dives offered daily with 3 person minimum.

ADVENTURE SPORTS

Surf Class	12 March	\$40.00
Castle Rock Climb	26 March	\$50.00
Surf Safari	1-3 April	\$149.00
Pinnacles Rock Climb	9 April	\$50.00
Whitewater Rafting	15-17 April	\$149.00
Yosemite Camp/Climb	22-24 April	\$149.00
Lake San Antonio Water Ski	29 April-1 May	\$149.00
Kayak/Snorkeling Experience		\$40.00
Group or Company Beach Party		\$10-\$35

Includes: Parachute jumping, indoor/outdoor rock climbing, kayaking, surfing, sail boarding, back packing, orienteering, water skiing, environmental camping, wilderness survival and youth programs.

SPRING BREAK YOUTH ADVENTURES

Big Sur Adventure Camp - March 15-17 Cost: 150.00
(Rock climbing, hiking, canoeing)

Santa Cruz by Land and Sea - March 22-24 Cost: \$150.00
(Surfing, rock climbing, hiking)

All adventures include food, equipment, transportation and instruction.

PRESIDIO OF MONTEREY VETERINARY TREATMENT FACILITY

Bldg. 4380 on Ord Military Community by appointment only
Call 242-7718 to verify hours and eligibility.

The Presidio of Monterey Veterinary Treatment Facility offers vaccinations, an out-patient clinic, heart worm testing, microchip identification, health certificates, pet registration and over-the-counter sales. For emergencies, please contact your local Veterinarian.



**Located on
HERRMANN HALL
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

SKI LIFT TICKETS

DESCRIPTION	MWR	AT SITE
Squaw Valley	\$53.00	\$62.00
Heavenly Adult	\$55.00	\$67.00
Heavenly Teen	\$45.00	\$56.00
Heavenly Child	\$25.00	\$32.00
Kirkwood Adult	\$49.00	\$59.00
Kirkwood Child	\$40.50	\$47.50
Mammoth Mon-Fri	\$49.00	\$58.00
Mammoth Sat-Sun	\$59.50	\$63.00
Mt. Rose	\$35.50	\$52.00
Alpine Meadows	\$39.00	
Northstar at Tahoe/ Sierra at Tahoe Adult	\$51.00	\$61.00
Child	\$41.50	51.00

DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$16.00 for adults and \$13.00 for children 2-11 yrs. Prices for fishing start at \$36.00 per person. Gear and license are extra.

DISCOUNT BOOKS



The sooner you buy the sooner you'll start saving; so don't wait to get coupons to use at local restaurants, attraction, and more! The 2005 Entertainment Books sell for \$20.00 and Gift Check 2005 coupon books sell \$10.00

MARCH	UPCOMING ITT TOURS	PRICE
5	Hearst Castle	\$45.00
5	Best of Broadway "A Chorus Line"	\$65.00
12	Alcatraz Pier 39	\$45.00
26	Roaring Camp Train Ride/Easter Egg Hunt	\$40.00
APRIL		
3	Horn Blower Sunday Brunch Cruise	\$80.00
9	Baseball San Francisco Giants vs Colorado Rockies	\$45.00
16	San Francisco Get Acquainted	\$25.00
22-24	Lake Tahoe Gambler's Escape (based DbI Occ) (Dixie Queen Dinner Cruise)	\$135.00



RACE SEASON IS UNDERWAY!!!

ITT will have tickets to the following races approximately three weeks prior to reach race: April 29-May 1 U.S. Sports Car Championship; July 8-10 Red Bull U.S. Grand Prix; August 19-21 Historic Automobile Races; September 9-11 Grand Prix Monterey; October 14-16 Monterey Sports Car Championship.

For more information, call 656-3223.



SEA WORLD MILITARY SPECIAL

"Here's to the Heroes" free ticket promotion until December 31, 2005. For active duty, reserves and three family members. Call or stop by ITT Office for details.

OAKLAND A'S BASEBALL TICKETS ON SALE!

Tickets are \$14.25 for weekend games throughout the season. Special orders for weekday games can be placed in advance. Stop by ITT Office for more information.



A Space Available Voucher Program

How would you like to spend a week vacation and only spend \$249 for the condo? With Armed Forces Vacation Club you can. For \$249 per week the Armed Forces Club offers condo unit rentals at selected resorts located all around the world. Stop by ITT for more information or go to www.afvclub.com.

Looking to keep the kids busy over spring break?

Great America and Bonfante Gardens open Friday, March 25. Bonfante discount ticket prices: \$21.00 for ages 7-64 and \$18.00 for ages 3-7 and 65+. Great America discount ticket prices: \$25.00 for ages 3 and up.

**Naval Postgraduate School
and
Naval Order of the United States
Monterey Bay Commandery**

DINING OUT

Friday, 4 March 2005
La Novia Room, Herrmann Hall
Cocktails: 1800 Hours
Dinner: 1900 Hours

**Open to all civilians, students
faculty, staff & spouses**

Cost: \$31.00

For more information, call ITT
at 656-3223.

SPORTS

SOFTBALL MEETING



When: March 22, 2005
Where: Sports Office MBAC
Time: 1600
Topic: Rules and rosters
League begins: April 11, 2005
Final rosters due: April 4, 2005
Game days: Mondays and Wednesdays
Time: 1810, 1910, 2010

- The league is for active duty, reservist, retired, family members, DOD civilians and contractors.
- Must be 16 years of age to play.

Call 656-2497 for more details.

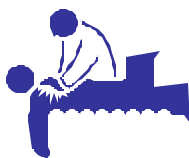
GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
6:00 AM					CARDIO KICK
8:00 AM					YOGA
9:00 AM		YOGA			
11:00 AM	MASCULAR POWER FLEX		MASCULAR POWER FLEX		CORE STRENGTH
11:30 AM		CORE STRENGTH			
12:00 PM	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
4:30 PM		MASCULAR POWER FLEX		MASCULAR POWER FLEX	
5:30 PM	SPIN	STEP	SPIN	STEP	
6:30 PM		CAPOEIRA		CAPOEIRA	

PERSONAL TRAINING IS AVAILABLE FOR OUR PATRONS

We have the best male and female trainers on the peninsula. By appointment you can get set up by Marcelo Dutra or Shelly Howard.

Personal training fees are \$20.00 for a half hour, \$40.00 for an hour or \$225.00 for 6 one-hour sessions.



THERAPEUTIC MASSAGE

(Male or Female therapist now available)
 Help improve performance, decrease pain and promote relaxation!

Fees: \$60.00 for 60 minutes massage session.
 \$90.00 for 90 minutes massage session.

For appointments, please call 656-3118.



FITNESS EDUCATIONAL CLASSES

The following fitness classes are available free to all members, military, DOD and family members; price for non-members is a daily membership fee. Classes are from 11:00 am-12:00 pm.

March 3 - Biomechanics of Strength Training
 March 10 - Cardiovascular Training Techniques

AEROBIC & STRENGTH CLASSES



Fifty-minute classes are held at 6:00 am, 11:00 am, 12:00 noon, 4:30 pm and 5:30 pm throughout the week. There's even a 6:30 pm Capoeira (Brazilian exercise class). Cost: Free to active duty; family members & retirees \$2.00 daily, \$12.00 for 8-punch card; DOD \$3.00 daily, \$16.00 for 8-punch card. NEW discounted Aerobic Punch Cards are now available. Sixteen classes for \$20.00 (military family members & retirees or \$28.00 for DOD civilians)!

NEW MOMS-BABES WITH BABES



Do a light floor workout with your baby. Minimum requirement - babies must be able to lift their own head and weigh no more than 40 lbs. Our trainer, Denise Vaughan, brings her baby so join the fun. Class time: Tues/Thurs at 1:00 pm. Cost: \$4.00 a day or \$15.00 for four classes.

EXERCISE ACROSS THE WORLD SPRING FITNESS CHALLENGE



Free eight-week exercise incentive program. Earn exercise miles. Any cardiovascular or strength training workout of any sort and done anywhere counts. Choose the tough or the easy course. Incentive awards will be given out, and/or purchase a specially designed t-shirt for \$10.00. Challenge runs May 2 - June 24.

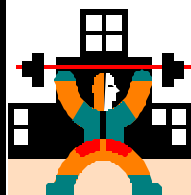
WEIGHT LIFTING CONTEST

Friday, 20 May 2005

1:30 pm - 4:00 pm

Cost: \$13.00 military; \$15.00 DOD/civilian

Sign up by Thursday, 19 May 2005



Power Lift (bench, dead-lift and squat) or Bench Press only. This event is for men and women. Novice lifters are welcome. Specially designed t-shirts for all participants. Awards: First, second and third place will receive medals (ten different weight classes) and trophies for over-all champion.

Child Development Center

"CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

Life Skills Readiness Preschool Session: Our Life Skills Readiness Preschool Program is offered for children ages 3-5 years old. Don't delay if you want to be part of the fun. Our 2005 program consists of two day and three day morning classes. For more information, stop by the CDC and we'll tell you about our fantastic program.

Jellyfish Drop-In Care Room

Jelly Fish Drop In hours are 8:30 am-2:00 pm. Reservations can be made up to one month in advance. Please keep in mind if cancellations are not made prior to the scheduled appointments, a \$5.00 fee will be charged. Care is available Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.00 per hour including snack and lunch. Afford yourself the extra time you need for appointments, to run errands, or to have a little adult time to yourself. We have lots of fun!



The Child Development Home program offers Navy certified care by military family members in their homes.

Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

Before School Care

Before School Care is available for children ages 5-12 years old attending La Mesa Elementary School.

If you are interested in **Before and After School Kindergarten Care**, please complete a Request for Care Form at the CDC front office. Before and After Kindergarten Care is offered in our Full Time Pre-School Classrooms. Fees are based on total family income.

Important Note: All children attending our program that need transportation to and from school must be enrolled in an afternoon Kindergarten session at La Mesa Elementary School. For more information, please call the CDC at 656-2734.

EMPLOYMENT ANNOUNCEMENT

The Child Development Center is seeking enthusiastic and professional people interested in working with children ages 6 weeks - 6 years old. Must be 18 years of age and be able to work flexible hours.

For more information, please call 656-2734.

APRIL IS MONTH OF THE MILITARY CHILD

The Child Development Center and Teen and Youth Center will be offering special activities throughout April to celebrate the Month of the Military Child.

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.

MARCH/APRIL 2005 SCHEDULE OF EVENTS



BOYS & GIRLS CLUBS OF AMERICA

The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America.

We offer programs through the Boys and Girls Club.

TENNIS LESSONS with Jimmie Brooks



Monday/Wednesday

Ages 6-8 Time 3:30-4:30 pm

Ages 9-12 Time 4:30-5:30 pm

Tuesday/Thursday

Ages 6-8 Time 3:30-4:30 pm

Ages 9-12 Time 4:30-5:30 pm

Ages 13-15 Time 5:30-6:30 pm

Minimum 4 students per class

Maximum 7 students per class

Cost: \$72.00 per 8 lessons

To register call the
Tech Connection at 656-2127.

SPRING INTO FUN 2005 CAMP March 14-25, 2005



For ages 6 (in 1st grade) to 10 (in 5th grade)

Register by March 4, 2005

Open to military/DOD families

Space is limited



FIELD TRIPS

1. Wild Things
2. Monarch Butterflies Habitat
3. Movies
4. Grill Out
5. NPS Spring Picnic with Parents
6. Swimming



ACTIVITIES!!!!

Bead Making
Sand Art
Kite Making
Butterfly Garden
Bounce



TEE-BALL BASEBALL CAMP

Saturday, 2 April 2005

La Mesa Ball Field

9:00 am - 1:00 pm

For ages 5-11

Skills, Basics, Offense, Defense,
Team Drills, Scrimmage Sportsmanship

Cost: \$10.00

(T-shirt included. Please bring a lunch).

Sign up by March 17, 2005.

Space is limited to the first 40 children

Open to military and DOD

family members.

TEE-BALL BASEBALL 2005

5-6 Tee Ball

7-8 Coach Pitch

9-11 Juniors

Cost: \$40.00 per child

Includes: Shirt, hat, medal
and banquet

Season begins April 16 - June 2005.

Register by March 11, 2005.

For more information call 656-2127.

ANNOUNCEMENT!!

We are looking for tee ball and
baseball coaches.

Please contact Steve Duran
at 656-2127.

sjduran@nps.edu



www.navyflyingclubs.com/monterey

The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight Instruction: \$25.00/hour.

COST SHARING: *Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.*

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



Cessna 152 (IFR) \$54.00



Cessna 172 (IFR) \$70.00

All rates are on an hourly basis including fuel.

Bluewater Cove Marina



NPSSA

- Sailing lessons for members
- Racing Events
- Cruising
- Social Events

Open to all military, their family members, faculty and staff of NPS, DLI and Coast Guard.

For more information go to www.nps.navy.mil/Welcome.htm

Naval Postgraduate School Sailing Association

NPSSA, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians.

For boats reservations go to www.mwr.nps.navy.mil or call 656-3118.



MWR ADVISORY BOARD TO MEET WEDNESDAY 2 March 2005

The next MWR Advisory Board Meeting is set for Wednesday, 2 March 2005, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.



Register with our site and print off coupon good for discounted green fee. Good Monday - Friday only and golfers must present coupons at check in time.

Golf instruction available from your certified golf instructors.

DAVID STOCKLY/DAVID HARBER/BOON CHATIVONG
Golf Professionals



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00
5 1/2 HOUR SESSIONS	\$125.00	\$125.00	\$125.00

ARMY BALL GOLF TOURNAMENT

Friday, 22 April 2005

Shotgun starts 1300

4-Person Best Ball Golf Tournament

Cost: W/Cart - \$35.00 per person; W/O Cart - \$25.00 per person

There is a limited number of carts - so first come first serve.

Team registration needs to be paid in **CASH**, by March 18, 2005.

Mulligans - \$3.00 a piece or 2 for \$5.00

String - \$2.00/foot (can be used for putts and will not count as a stroke)

For more information, call SFC Oakley at 242-7247..

PUNCH CARD 20 PLAY	25% DISCOUNT
MILITARY	\$180.00
DOD	\$270.00
CIVILIAN	\$360.00

ATTENTION GOLFERS!!

March 21-25: The greens will be punched and sanded.

April 11: The blood mobile will be at the golf course. Golfers who donate blood will receive a coupon for a walking round of golf at Monterey Pines.

Get a free club fitting with our new Demo Equipment every Saturday 9:00 am - 1:00 pm.

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

DAILY RENTAL FEES		
ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$22/Day	\$18/Day
DOD	\$25/Day	\$22/Day
Sponsored guests	\$29/Day	\$25/Day

RV VEHICLE STORAGE RATE		
	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

GOLF FEES		
GREEN FEES	PRIME	TWI
MILITARY	\$12.00	\$10.00
DOD	\$18.00	\$12.00
CIVILIAN	\$24.00	\$15.00

RENTALS:		
Cart Rate		\$20.00
Single Cart		\$12.00
Rental Clubs		\$10.00
Pull Carts		\$5.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 2:00 p.m. Weekdays
Dinner: 4:00 - 9:00 p.m. Monday through Friday

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 - 11:00 p.m. Monday - Wednesday
3:00 - 11:00 p.m. Thursday & Friday
4:00 - 11:00 p.m. Saturdays
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

Café DEL MONTE - Located next to Knox Library. Open Monday-Thursday 7:00 a.m.-3:00 p.m.; Friday 7:00 a.m.-2:00 p.m.; Closed weekends and all federal holidays. Open for lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30-2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30- 6:00 p.m. Monday through Friday while school is in session and 0730-1800 during day camp. Closed on all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 4:00 p.m.; Sundays 11:00 a.m. - 4:00 p.m.; closed on all federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. - 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Open Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.



Peacock Press

Morale, Welfare and Recreation Department
Naval Postgraduate School
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!

www.mwr.nps.navy.mil